



## 2021 Canadian Women's Heart Health Summit

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**Tami A. Martino, PhD**

Professor, Biomedical Sciences  
Director, Centre for Cardiovascular Investigations  
Mid-Career Investigator, Heart and Stroke Foundation  
Canada: Circadian Medicine & Heart Health  
Canadian Society for Chronobiology  
CIHR Canadian Sleep & Circadian Network  
University of Guelph  
Guelph, ON

### Biography

Dr. Tami Martino is a Professor in Biomedical Sciences, founding Director of the Centre for Cardiovascular Investigations at the University of Guelph, a mid-Career Investigator of the Heart and Stroke Foundation of Canada, founder of the Southern Ontario Cardiovascular Research Association (SOCRA), is a founding member of the Canadian Society for Chronobiology, and a co-PI in the CIHR Canadian Sleep and Circadian Network. Dr. Martino also works to positively mentor and promote women building careers in STEM. She is an active member of the Provost's Gender Equity Committee, a representative on the Council of Ontario Universities Women's Health Scholars Awards Committee, and was named a Guelph YMCA-YWCA Woman of Distinction in 2018 for leadership, research excellence, and mentoring in STEM.

Dr. Martino's research focuses on applying circadian biology, the body's 24-hour sleep and wake cycle, to clinical medicine. Through this research, Dr. Martino is pioneering a new field called "Circadian Medicine", which will improve the treatment of patients with cardiovascular disease. Her research investigates how circadian dysregulation drives heart diseases such as myocardial infarction, cardiac hypertrophy, heart failure, and aging. Moreover, her research is revealing how the hearts' circadian biology can be therapeutically manipulated using genetic, environmental or pharmacologic approaches to prevent, slow or reverse heart disease. Some of her most recent work has revealed how circadian biology underlies women's heart health, and this understanding is important for treatment of heart disease in both biological sexes. Dr. Martino's research is supported by the Canadian Institutes of Health Research (CIHR), Heart and Stroke Foundation of Canada (HSFC), and the Canadian Foundation for Innovation (CFI).